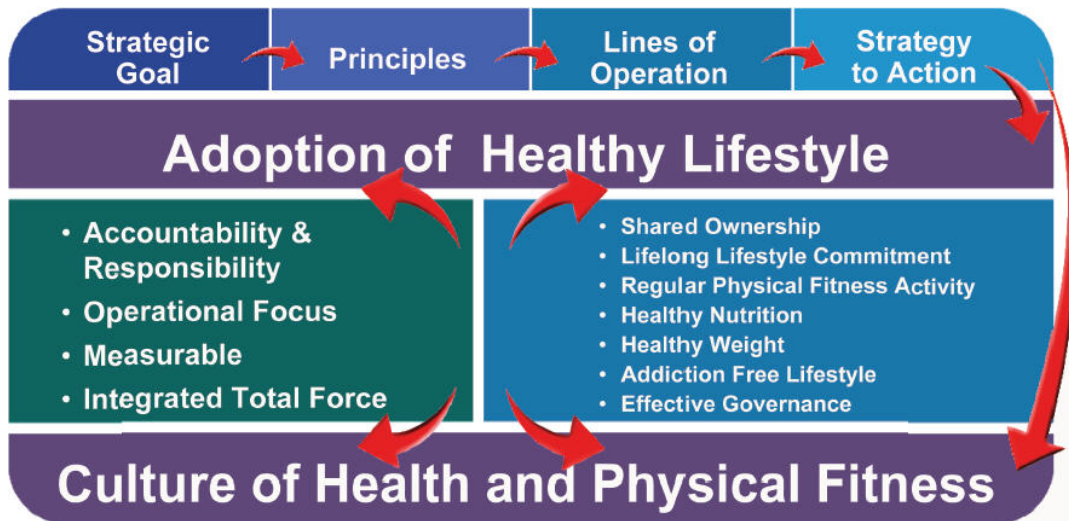


Health and Physical Fitness Strategy Principles



Accountability and Responsibility:

Leaders at all levels are accountable and responsible for personnel and unit health and physical fitness; CF personnel are responsible for maintaining a healthy lifestyle and a personal physical fitness regime. They are accountable for personal results.

Operational Focus:

The CF will establish and maintain appropriate health and physical fitness levels that reflect the demands and set the conditions for success in operations.

Measurable:

The CF will have physical fitness and healthy lifestyle performance measures and standards that are science-based and applied consistently.

Integrated Total Force:

Strengthening the culture of health and physical fitness in the CF applies equally to all military personnel, Regular and Reserve.